

Coming Together Salon 3: Transcript

Salon 3. Video 1: Taoist and Tantric Sexuality: Ancient Love; Modern Love

In this video:

- The history of Taoist and Tantric sexuality
- Orgasms as super fuel
- Procreative sex
- The Taoist fundamentals

The history of Taoist and Tantric sexuality

My foray into Tantra and Taoist sexuality.

I've always—even as a young child—had a strong awareness of my sexual energy. When I began having sex, I realized that it was a powerful portal into different parts of myself. This energy would open me up and I would feel radically changed after my sexual experiences.

When I was in my early 20's, I read a magazine article on Tantra. It discussed how sexual energy is this powerful, tangible thing and that you can actually move this energy between people and exchange it.

In the article, it suggested to try an exercise with a partner, where you visualize having energy that you move from your body to their body. I was with a very sensitive and aware lover at the time and I thought I would try this experiment. I didn't tell him what I was doing because I wanted to see if he would notice it or if it was even possible. We were together and just lightly caressing. I would visualize moving energy from my heart into his heart, my genitals into his genitals, my elbow into his elbow. Each time I did this, he would sigh or moan, or make some kind of noise like he was receiving my touch. This was independent of anything else I might have been doing with him. I thought, "Oh, this is a thing. There really is something to this!" and that was the entryway for me into these studies, with the foundation that this energy is tangible, powerful, and able to be harnessed and channeled.

There are primarily two different schools of Tantra (and I use the word Tantra very loosely). Tantra is the Indian word. It's a Sanskrit word which means "to weave." In the sense of moving between and uniting worlds.

5000 years ago in ancient India, there was a study on how to really amplify your sexual energy, how to use it for healing, or for spiritual purposes. At the same time, in Taoist China, they were also studying these things and apparently they used to share information.

The Indian studies were going in the same direction, they just have a slightly different method of getting there. They are a little bit more ritual based.

The Taoist path is more scientific. More methodical in terms of discovering how to use this energy for health, healing and medicinal purposes. It's like the art and science of sex, but with a spiritual focus, because they also looked at the sexual energy as a catalyst.

I gravitated more toward the Taoist school and that's been the bulk of my studies over the last 20 years. I've focused more in that area, though I've gleaned what I think are really important facts from both.

In China, 5000 years ago, they were also using sexual medicine. This was a time when they were pioneering their systems in acupuncture, herbs, and mapping out these energy systems meridians in the body. Sex and sexual healing was not considered a moral choice, but part of a healthy regimen. It was part of your chi, your sexual chi. They called it 'Ji' and it was considered to be a denser, thicker form of chi. The way we moved this energy in the body was very important, and because it was considered a source of rejuvenation and power, as well as a catalyst to spiritual growth, it was important that people learned how to lift and channel this energy throughout the body.

These practices were called 'sexual kung-fu'. The emperors of the day were advised by the courtesans in their court on how to use their sexual energy to its absolute maximum potential. It was thought that they would gain more wisdom, energy and personal charisma by learning how to tap into their sexual energy. This lineage, tradition, and knowledge was passed down over the years.

Orgasms as superfuel

Sexual energy is our creative life force energy. The heart of these ancient teachings is that we have this incredible power source at our disposal and it behooves us to use it and to use it well. This energy creates new life and we can harness this energy with very simple practices.

This is why I say that single people can also be very well fucked. Because whether you're with a partner or not, you can still tap into this energy and use it. When you do have a partner, you're amplifying the power of that energy, so it is more intense and powerful, but truthfully, I've had some extremely well-fucked periods as a single person when I've really focused in on how to use this energy in my life.

Like nuclear power, if you use it well, wisely and judiciously, it can be an incredible energy source. If you use it unconsciously or carelessly, it can revert back into melt-downs in a person's life.

I like to use the term procreative because the idea is that you can create not just babies, but new projects, new ideas, and new concepts. You can channel this energy into your work and everything you do. Like I said, I've had some of my most creative periods when I've made a daily masturbation commitment. I've worked on breathing and channeling this energy into my life, and I've seen the results in creative projects that went through the roof. I have put out some of my most meaningful and innovative work by really being conscious of tapping into my sexual energy.

Napoleon Hill, an author from the late 1920's, wrote a book called *Think and Grow Rich*. This book, along with a book that Wallace D. Wattles wrote, *The Science of Getting Rich*, are the blueprint of how to create your own reality.

All these other books that have come later, like *The Secret*, are modeled on the ideas in these books. Napoleon Hill, in particular, talks about how our sexual energy is what creates genius. When we tap into our sexual energy, we actually manifest creative genius. His caveat was that you had to mix sexual energy with love, with an open warmth, or else it was too coarse. It was too unrefined. You couldn't really generate the same kind of power with it.

This all comes back to using the relationship as a power source. Your sexual connection is an energy source, and that's why I'm so emphatic that an intimate relationship must have sex at its core. Sex is the glue. It's the cauldron where the sexual energy is heated up. Your orgasmic energy is the coals in the cauldron.

Let's talk about how to harness this energy next.

Taoist Tools and Fundamentals

The number one tool you have to move sexual energy in the body is the breath. I talk about it a lot because it's such a huge, deceptively simple but massively powerful tool. Just breathe.

Breath carries, recirculates and redistributes energy in the body. Most people have their sexual energy concentrated at the genitals. As they build to orgasm, this energy gets more and more packed into the genital region. People tend to hold the breath, or breathe really shallow [panting breathing sounds] and tighten up the body. All of these things curtail the flow of energy and it ends up leaking out at the point of orgasm.

What we want to do is keep this energy for ourselves and exchange it with our partner, which as I said, amplifies the power of this energy.

This leakage is what really drains men in the sexual act. We've all seen this cliché of when men literally pass out after they've had an orgasm, and it's because they're losing so much of this energy.

You benefit from keeping this energy and consciously moving it throughout your system. Whether you're having sex with your partner or your self-pleasuring, it's really crucial to breathe. Don't think so much about the end result being orgasm, think about the end result as harvesting this high-quality, potent sexual energy. When you start to do this, you create a night and day experience with your sexual life and the way that you feel afterward is completely revolutionized.

The key is to focus on a long, steady, deep breath. Ideally from the moment of arousal when you start to pleasure yourself or with each other. You want to have at least a four-count inhale and a four-count exhale. Breathe deeply and slowly, into your belly and into your pelvis.

The idea is to build to about a 7 out of 10. When you're getting close to the edge of orgasm, and you can see it in the distance but you're not yet in danger of going over the edge, then you pause. It would be great if you could pause and breathe or continue the breath throughout your entire sexual encounter. But this point, when you get close to orgasm, is absolutely the most important point. You're generating all of this energy and you want to breathe it back into your system.

When you get to your edge (let's say it's a seven), you're going to pause and you're going to breathe. Maybe two or three or four rounds of the deep, steady breathing, while you stop stimulation. Stop moving. You'll subside (probably to a six or a five), then you're going to start building up again, to a seven. When you get to a seven again, you're going to do the exact same thing.

I suggest you do this whole process at least three times, and make sure that your body is relaxed and loose, not clenched up at all. Sometimes the best way to know if you're clenched up is to tense all of your muscles and then release them. We often don't know. We've become so habituated to tensing up on this path to orgasm.

After you've done your three or four rounds while reminding each other to breathe throughout this process (if you're with another person). Then you can let yourself orgasm, if you like (and most people will probably like to do that). After a while, even the idea of orgasm becomes less important because you have such a fulfilling experience. You expand this moment, that 7 to 10 zone. For some people it typically flashes by in a second and then it's over. Expanding this moment leads to expanded sexual orgasm, mind-body orgasm and plateau, which I'll get to in another video shortly.

The other thing to keep in mind is that it might feel very unnatural to do this. You've been habituated for years. You've created these neural pathways which have become used to you holding the breath, breathing really shallow, tightening up your body, and that tells your brain and your body that:

“Oh, this is the pathway to orgasm.”

When you try another pathway, which is to relax and to breathe, your brain and body think,

“Oh, well, clearly we’re not going to orgasm, so let’s go do something else.”

Meaning that a man might lose his erection, a woman might lose her lubrication. This is only temporary. I promise you that it will shift, but sometimes there’s a transition period for people. Not for everyone, but I want you to be aware of that in case it happens to you.

Have faith. Default to the breath. It’s more important for your overall sexual experience that you can learn to incorporate the breath and to break out of these old patterns that probably keep you stuck and feeling that sex is not an energizing experience.

Remember the barometer question that I asked. Is sex an entirely pleasurable, massively rejuvenating experience for you? If it isn’t, then you’re doing it wrong. This is the litmus test. If you can breathe, incorporate the breath, and keep focused on relaxing the body, these are the tools that are going to enable you to shift that energy into a different experience.

The end result is that your orgasms are more pleasurable, more powerful, and far more energizing than you’ve ever had before.

Salon 3. Video 2: Orgasms Get You High and Change Your Life

In this video:

- How to orgasm and get high
- Full-body and expanded orgasms
- The terminal versus plateau orgasm
- Vital benefits of orgasm for both sexes. Or, How men can keep their hair and prostate gland and women can keep their breasts, ovaries, and wombs.

How to orgasm and get high + Full-body and expanded orgasms

I used to seek out other ways to alter my consciousness. I used to do drugs and drink alcohol back in my late teens-early 20's. Then I had some pretty radical shifts in my life and found other ways to get high without using external substances. Now I meditate, I do yoga, and I exercise. But sex and intimacy have been one of the primary ways that I'm able to alter my consciousness.

Tantra and these Taoist practices are all about how to expand orgasm so that it does become this life-shifting, consciousness-changing experience.

We talk about being able to expand orgasm, to have sex all night long, hour-long orgasms, 10-hour long orgasms. Not only can you do these things, but you can get really energized and high from doing it.

The key that we've talked about really is about breath and also being open to your orgasm looking and feeling different than it does right now. Most people, especially men, have this attachment to the way their orgasm looks. They associate orgasm with this release or this tiredness, this feeling of being exhausted and passing out, that that's relaxation. It's not necessarily relaxation, it's just a very contracted version of what orgasm can be, a very limited version of it. At their basic and most boring, this is what orgasms are like.

The terminal versus plateau orgasm

The way we differentiate is this idea of a terminal orgasm versus a plateau orgasm. A terminal orgasm is much like a penile orgasm or the way we think of a clitoral orgasm being where you have this steady build to a peak of pleasure and then you have these extended pelvic contractions, this wave of really good feeling, and then there's a decline in the energy.

The penis and the clitoral orgasm look very much like this. As opposed to deeper, vaginal orgasms and then for men, more whole body orgasms, where you have more of a build, then a plateau, a build and a plateau, a build and a plateau, and you never really have to draw a breath. You could walk away from your sexual experience feeling connected, feeling energized, and brimming over with this hum of sexual activity.

This is what we're aiming for and the breath is the way that we get there. This is how also you create more of a simmer between you and the terminal, or typical sexual experience. That drop off, is also kind of like a withdraw of energy, you can actually feel it, and I think this creates damage in a lot of male/female relationships, where the woman can feel the male energetically pull back after he's cum and they feel abandoned, they feel like he's not really present. Unless the man is making a Herculean effort to remain conscious after he depletes himself like this, she's going to feel as though he's abandoned her on some level, even if it becomes this subtle, unconscious resentment. I think a lot of women end up taking that on. We become accustomed to these drops in energy after sex, but it doesn't have to be that way.

Here's a beautiful quote by Rumi:

“There is one way of breathing that is shameful and constricted. Then there's another way. A breath of love that takes you all the way to infinity.”

I like to think of our sexual breath as this. A conscious effort to slow down, to be aware. What I've seen very quickly (when I've coached people in this or coached lovers in this and had them right in front of me), is that when they start to breathe their sexual energy through their system, they'll often start to shake, or they can feel tingling in their fingers and their toes and their face and they get this complete euphoria that's going over them, sometimes even tears. If you get any of those things, it's a sign that you're doing it right. If you feel tingling or numbness, it's literally your sexual energy that you've normally focused at your genitals moving throughout your system and you're feeling it as these shaking and tingling sensations. That's a good sign, that you're on the right path.

Like I said, the key thing for men is to be willing to entertain the idea that orgasm can look and feel differently and that there is a better way. It's kind of like a leap of faith initially, but as you practice these breathing techniques and you're willing to be open to something different, you can have this experience. Men, instead of feeling depleted through sex, will retain more of their vital energy.

Women, being naturally more multi-orgasmic and able to withstand deeper and greater pleasure, lend themselves more easily to this idea of building and climbing. The G-spot orgasm, the deeper vaginal orgasms, all incorporate this idea of the build and the plateau. The G-spot orgasm can be likened more to rolling hills than a mountain climb with a peak and a large descent afterward.

Mantak Chia, a Taoist sage, is the foremost teacher of Taoist sexual practices and other like Tai Chi and Qigong practices in the Western world right now and has been studying

for around 45-50 years. He can recirculate his orgasmic energy, and turns it into himself so that he can actually have an orgasm without ejaculating—and yes, this is possible for men. It's also possible for women. He talks a lot about the affect of cultivating this energy.

There was a study done in 1996 at the Applied Biocybernetics Research Institute in Austria and he was hooked up to a device that compared the brain wave states of people in deep meditation and the throes of extended orgasm. Chia was tested on this device and he ended up having performance levels higher in health, concentration and other mental functions than any other human-being ever tested at the Institute. These readings remained high for the next 15 hours.

Studies have since been done showing how sex and meditation create similar affects in the brain.

Vital orgasm benefits. Or, Dudes, keep your hair; women, keep your wombs.

It sounds like I'm being facetious but a lot of reproductive ailments are traced back to stuck sexual energy. Let's start with men.

Male semen is composed of this nutrient rich powerhouse of vitamins, minerals, proteins, enzymes, trace minerals, ions, and other beneficial substances. Beyond that, it contains this huge amount of life force energy that as I said, most men just eject unknowingly.

Chinese aristocrats—the Emperor and his following or his close confidants—were skilled in this art of how to redirect their sexual energy to the brain, to the vital organs, so that they could replenish themselves with every sexual encounter.

Men are at an especially high risk for energy loss through sex and this cliché of the man who rolls over and falls asleep and passes out, it exists for a reason, because we see it over and over and over again.

The 5000 years of Taoist and Tantric thought were teaching men how to conserve their resources and I'll get into that a little bit more in a moment, but I wanted to say that this idea also crops up in other places, that men lose energy through excessive ejaculation. For centuries, there have been other detractors of masturbation, from Galen and Hippocrates, the ancient physicians, to—and my favorite—Samuel Tissot, who was an 18th century Swiss physician, referred to masturbation as the heinous sin of self-pollution.

All of these people warned of the detrimental affects that the relentless spraying of seed would have. When I first heard of this, I thought, "Oh, this is moral fear and loathing, I kind of scoffed at it, really." Then I realized that these masturbation opponents had

actually hit upon the idea that wasting seminal fluid was having a depleting affect upon men.

Tissot and others viewed the body as this delicate system that needed to be kept in balance and excess release of semen, or what they thought of as an essential oil, would throw off the body's balance and upset this nervous system, our delicate system.

This mystical view of semen is reflected even in Greek mythology, where we have Aphrodite, the greatest love goddess ever, who is arising, born from a sticky mass of sea foam and ejaculate.

The men I have known who have worked at recirculating their energy through breathing techniques and muscular practices during sex can still ejaculate and some of them can cum without ejaculating and feel relaxed and revitalized.

The purist Tantric, Taoist idea is that men actually don't ejaculate—but that's a pretty hard sell for most guys. But knowing that, you're not giving up orgasm, you're just separating orgasm from ejaculation. If you practice the breathing techniques that I've shown you, eventually what happens naturally is that your orgasm becomes separate from your ejaculation, you don't even have to think about it, it just happens, and it's much more pleasurable and more powerful.

That's not my entryway into this, my entryway into it is that it's essential that you breathe during sex. I guarantee that if you're doing it properly, you will notice a difference, you will feel energized after sex instead of feeling tired.

The other thing that I want to talk about—kind of an alarmist quote here, but Mantak Chia is consistent with this Samuel Tissot talking about the depleting affect that over-ejaculation has on men and that it actually taps into the body's reserves and that among other things, one loses vision, hair, digestive power, and mental acuity.

Here's a quote from Chia himself:

“When hormonal secretions of the sexual glands are regularly leached out, the body is sapped at its root. Within a period of time that will range from months to decades, depending on the endowment of the individual, creative and sexual abilities are halved and the ability to withstand disease and the frailties of old age is diminished.”

There's a great story of a woman in the Emperor's court of ancient China, who happily obliged all of the men who wanted to be rid—of their seminal emissions. Knowing how to utilize this energy, she converted it in her own body and harnessed it, and she later rose to become the Empress and the most powerful woman in the land.

There are two ways in Taoist and Tantric philosophy to address what to do with the powerful ejaculate. One is that men learn how to retain their fluids and orgasm

internally. Two, practicing mutual absorption of your essences. I'm going to elaborate this on the next video when I talk about elixirs and this mutual absorption is a practice that will replenish both of you.

I've said that in my experience, observing men who practice the really deep study breath, I don't see them lose very much energy, if any, so that in itself, is the thing to aim for.

As you practice, your edge will get higher and higher. When I talked about that 7 out of 10, eventually you'll move to a 7.5 out of 10, and an 8 out of 10, and an 8.5 out of 10 and you will orgasm without ejaculating, without even having to make that your deliberate aim, all you need to do is focus on the breath.

In terms of women, we also benefit from recirculating this powerful energy. I believe that it helped—and the Taoist would echo that it helps with PMS, with menopausal symptoms, any congestion of sexual energy leads to aberrant growth in the reproductive organs, it's as simple as that. When I hear about breast issues and ovarian cysts and cancers and the like, honestly, I attribute that to stuck sexual energy. Just having sex isn't enough to keep that energy flowing. You need regular gourmet sex, i.e.: sex that's infused with love and with openness, and you need to breathe.

Consciously recirculating this sexual energy throughout your body through the breath is how you create miraculous results and avert any of these issues, these problems, these epidemics that happen with stagnant sexual energy.

Salon 3. Video 3: Let Your Sex Be Your Medicine and Your Medicine Be Your Sex

In this video:

- Sexual Rx
- Sexual reflexology
- Potent sexual elixirs
- The Fountain of Youth

Sexual Rx + Sexual reflexology

We've talked about these ancient Taoist and Tantric systems and how there's a focus on using sex for healing and rejuvenation, improving intelligence, charisma and performance. You name it, it's the Band-Aid cure-all for everything, and how to harness life force energy.

The beautiful thing that happened in ancient China, when they were mapping out reflexology systems and their whole system of Chinese medicine, sexual medicine, was a part of that.

Reflexology, if you don't know, maps out pressure points throughout the body, especially the hands and the feet, where we find this intricate map of all of the body's internal organs and meridian systems, and they show up as a microcosm in the hands and the feet, the ears, even the belly, different parts of the body. By pressing say the outside edge of my feet, I'm hitting the large intestine point, or if I hit the tips of my toes, I'm hitting the sinus point. If I hit right here, this place between my finger and my thumb, it's this deep meridian point that has a huge healing benefit in the body.

That's the essence of reflexology, that you can create healing in overall systems by hitting certain points. They also mapped out these reflexology zones in the penis, or on the penis and the vagina. By stimulating different parts of the genitals, we would vitalize different organ systems. In the same way, particular sexual positions would help to direct energy to and rejuvenate parts of the body. The angling of the body would help move energy in those areas.

For example, missionary position, with a woman's legs lying flat is great for improving energy and reducing fatigue in the woman. Prolonged licking of a man's balls will also make his glands happy.

The physicians of the day, brilliant as they were, would prescribe different sexual positions to cure ailments in people and this really is the best acupressure treatment going.

In this diagram you can see that the penis and the vagina mirror each other beautifully. You have the internal organs, which line up the liver, the kidney points on the shaft of the cock and in the vaginal canal, it truly is a match made in heaven.

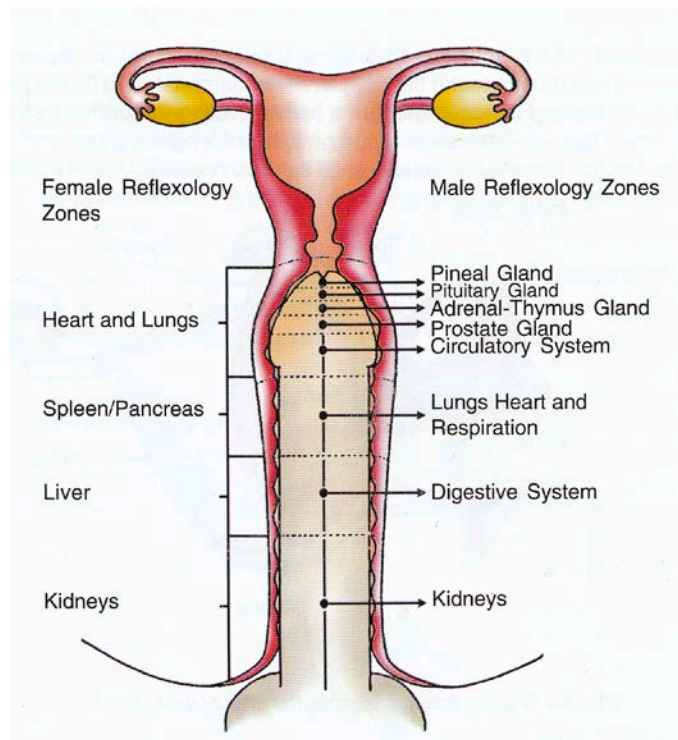


Image from Mantak Chia's *Sexual Reflexology*

You'll notice that the tip of the penis is the heart point in men and the cervix, a woman's most innermost core, is also the reflexology point for her heart. His cock head points, I often like to say that the pathway to a man's heart is not through his stomach, it's through the head of his cock.

Keep these things in mind as you touch, that you're creating multidimensional healing. Especially with hand jobs or manual touch, knowing these reflexology points, I'm always thinking about how I can cover the entire surface area and spend a lot more time deliberately kneading and massaging my partner's genitals. What I've been told by my TCM, or my traditional Chinese doctor, let's say that my kidneys are weak, then I will insert a lot of reverse cowgirl, which is a woman mounting a man backwards, into my routine, because that position, with the kidneys kind of exposed as the woman's leaning over, will direct healing energy to the kidneys.

Otherwise, I think that a variety of sexual positions are fun to play with anyway and I like to think that your intuition will guide you in your sexual play, if you're open enough to be

able to listen to it and then follow it. You know, your body knows just how you need to be fucked, it's not something you need to think about, so long as you can tune in.

However, I would love to give you some things to think about. A great book for that is sexual reflexology, which is written by Manta Chia and it's got a whole map of these reflexology zones, and an explanation of all kinds of sexual positions that you can use for healing benefit.

I once held a talk where my naturopath and I, she came in, I did a whole talk about sex and healing and sexual energy power, and I had her come in and after I was finished, she was doing pulse readings of people who were attending the talk and would say, "Okay, this person has deficient kidneys, this person has a weak liver," and then I would prescribe sexual positions for people based on what was out of balance in their system.

In the resources section I'm going to give you a sex emotions chart that you can diagnose yourselves with, kind of like a cheat sheet for that whole book or this whole concept.

Another good example is if a woman is feeling angry and frustrated, it's best to fuck her doggy style. We know this intuitively, like that position will help to stimulate her liver, and when the liver is out of balance, it shows up as anger. That kind of energy moving toward it will help to rebalance her.

But we know these things intuitively, like how much, as a woman, when you're feeling stuck and frustrated, you really want to be fucked in this position, it's like you're stuck and you want something to be fucked out of you. I totally know this, I've lived this, I lived that position for years, it's like go-to therapy position. When I feel like I have something verbally that's stuck and I can't dislodge it, I can fuck my way out of it. Usually, talking, sometimes you can't identify what it is, this is like bypassing the talking, we'll just evaporate the issue or jiggle it loose enough so that now I can talk about it. I believe that it's more than just a loosening, I think somehow there's a metamorphosis that happens where the energy transforms into something else.

Potent sexual elixirs

All of our sexual secretions are sacred elixirs. They are things that are mined from the depth of us and in the Taoist and the Tantric thought, the idea is that the fluids we emit, our saliva, our lubricant, our ejaculate, they are all infused with your concentrated Yin and Yang essence, respectively, like Yin for women, Yang for men. The more aroused that we get, the more of this essence is infused into our liquids.

I believe that it's especially infused with surrender, so the more that we open up and we let go, it even makes stronger these emissions within us. The idea is that we exchange them. The woman is totally balanced and nourished by absorbing the male, the Yang essence into her and vice-versa.

I knew a woman who would, she and her lover were very in tune with each other, and when they were not getting along very well, he would taste her, you know, her vaginal secretions, and they would be sour, they would not taste very pleasing. Then when they were connected and feeling open to each other, they were sweet and he loved to drink them.

This is a beautiful example and metaphor that I truly believe happens and if you have blocks about absorbing your partner's fluids, you need to really look at, as we've talked about, all the other blocks that could be happening in your relationship, because they will show up in bed. In this case, and I'm sure it happens across the board, people just aren't necessarily that aware of it, it even shows up in the distillation of your fluids.

Kissing is a great way to exchange that saliva, that secretion, this beautiful elixir substance with your partner. Prolonged oral sex sessions are fantastic. A 69 position is one of my dear favorites and it's called "the crow" in ancient Tantric knowledge. It's considered a very powerful posture and it's named after the crow because the crow is this unique creature who can digest poison and somehow metabolize them so it has this ability to transform, to mute, to take base and turn it into gold.

It's very nourishing power amplifying position and you're engaging the tongue as well, which is a conduit for sexual energy transmission. With that reverse, genitals at the brain, there's a lot of absorption going on, so you're taking in a lot of these very powerful essences directly into the brain. This is a positive thing, it might sound a little bit odd, but it's a very powerful thing that you want to have happen.

The word "amrita" is a Sanskrit word which means immortality or the nectar of the gods. It's related etymologically to the Greek "ambrosia" and it has the same meaning. Amrita is also used to describe female ejaculate and it's said that when we emit—also that amrita can be produced through deep states of meditation that stimulate the pineal gland. Some yoga texts say that it's just one drop of this nectar is enough to conquer death and to transcend and become immortal.

This idea to me, like the amrita must be produced, it can only be produced under circumstances where a woman is fully open and relaxed and she releases herself. Like I said, it's this distillation of surrender and you need surrender to find God, you need surrender to tap into the energy source that we have at our disposal in the universe.

I believe that this concept they're talking about, amrita, ambrosia, this nectar of immortality, this was the fountain of youth, and here's a fantastic image of it. This is from priapus Pompeii, where they worshipped the erect penis and they had all kinds, they had cock everywhere, so Pompeii was the city that was buried by Mount Vesuvius in Italy and they unearthed it and something they were rather shocked to find, these archeologists, was cock everywhere. There was cock cobblestones inlaid in the street, there were cock water fountains, these cocks just—like cock wind chimes inlaid into

doorways, they worshipped the male penis as this object of fertility, this magical talisman.

I digress, I get rather distracted by beautiful cock sometimes.

But my point was, that this is The Fountain of Youth, these nectars are your way to tap into immortality.

Even in modern science, they're starting to confirm the power of ejaculate exchange. I coined the term the "cum diet" because a few years back I read this study on how semen absorbed by women vaginally acts as an anti-depressant. This study was done, if you haven't heard me already talk about it, which was measuring the affects of sexual activity on depressed women. They were all measured according to the Beck Depression Inventory. There was a group of women using condoms for sexual activity and the group not using condoms. Even though they were having the same amount of sex, the condom-less group was less depressed, their depressive symptoms lifted. You can't just say that it was having more sex, it was having more sex and absorbing ejaculate.

This made them analyze the composition of semen and what they found, like our Taoists have said, that it's a nutritional, hormonal, and neurotransmitter powerhouse, it's got dopamine, serotonin, vasopressin, endorphins, all of these things which are mood boosting chemicals designed to make a woman feel good. This is the argument that I certainly try to make for absorbing more ejaculate.

Dr. Gordon Gallup, he was the person who did this study, thought that it would also apply to anal absorption and oral absorption, as well as vaginal absorption, which is where they did the study.

The conclusion is, don't come on your woman's face, come in her mouth instead. Otherwise, it's really just a waste. I've been known to scoop up wayward ejaculate so that I'm not missing a drop.

Salon 3. Video 4: Energy Sex or I'm Fking Your from Across the Room**

In this video:

- What is energy sex?
- An exercise to practice cultivating it

What is energy sex?

About 20 years ago, I watched one of my first videos about Tantra and in the video they talked to, they interviewed a variety of Tantra teachers of the day, one of whom was Mantak Chia, and he was there with his wife, talking about what he can do. He was talking about what he can do, which is that he can make love to his wife from across the room.

I thought, "Okay, I want that, I want to know how to do that." And 20 years later, I can. I can make love to my partner when he's across the room, when he's across the country, or when he's across the continent.

The cumulative benefit of all of these practices has enabled me to do this, and you can do it, too.

We all have an awareness of energy, we're all telepathic and we've just forgotten that we are and that we can tap into these powers. We believe that we can't, we've been told that we can't, and so we can't. Once we begin to uncover and acknowledge that we have these abilities, then they grow.

It's all doable, long-distance sex, conscious dreaming sex, across-the-room sex—everyone of us has the ability to tune in to this energy and to direct it.

I had a client who was impotent because he'd had a number of surgeries after a serious accident and he was standing alone in public one day when he suddenly, out of the blue, got an erection. One moment later a woman came up from behind him and she started to talk to him and they became lovers and as they did, he experienced virtually normal erectile function.

The important thing to note here, and I love this story, is that his body responded to her before he even saw her. His cock began the conversation before his mind and the rest of him jumped in. His body knew the truth. And I often say, "Listen to your genitals, for they are very wise."

A few years back I was getting to know a man who had incredible extrasensory perception and he was very brilliant and very aware on many levels. He would call me up at random times, typically just after I'd had my attention on him and was probably

sensually fantasizing about him, and he would beg me to stop giving him erections because he would be out playing golf or shopping or moving furniture and he'd get an erection. I told him that he just had to deal with it.

These days I can have an orgasm without touch. I can simply tune in to those experiences, generate that feeling in my system, or just by imagining my partner, and that in itself will make cum without any kind of stimulation whatsoever.

The neural pathways, and remember the neural pathways, we've been talking about these quite a bit, they've already been established in my system and as soon as I'm open energetically, these pathways kick in and it can happen that easily, an orgasm on demand.

Thoughts are things. Sexual energy is powerful and when you learn to consciously tune into it, you can use it for so many different things: to energize yourself, to send your partner an orgasm, or to have sex with a stranger in the coffee shop, although technically that's a violation of their space, unless they've given you a really clear indication that that's okay.

Here's an exercise that you can try

This is the first exercise that I ever did that was my introduction to Tantra but also an introduction to energy sex. You'll start by being side by side, either lying down or sitting together, you're going to establish the breath, so the four counts in, the four counts out, and then do that energy exchange, so that you're moving the energy between you, like that figure eight that's lying on its side. Do this for at least five minutes, to just establish your energy together.

Now I want you to imagine a ball of like silver energy radiant light or heat in your body. I want you to imagine that and I want you to feel it, like feel it sort of brimming over, shining, or the warmth of it. Then I want you to visualize and imagine just shooting that energy into your partner. Like pick a part on your body where you want to move that energy to, and just see how they feel. You can move it into their genitals, into their chest, into their face, and see what happens. Notice if they have any kind of movement register, any kind of sound that they emit, if their breathing changes and then partner who's receiving, tune in and see if you can feel anything at all. Then it's your turn, you're going to send the energy back to your partner. I want you to just take turns back and forth doing this.

The other place that you'll probably tune into your sexual energy is when you do the breathing and you're breathing up the spine and down the front of your body so that exercise, I want you to really turn into when you're aroused, so whether again, you're solo or you're with your partner, that you're imagining that energy is moving up your spine, you're like pumping it up even, you can clench your PC muscle, use that as a pump, move the energy up your spine with your inhalation.

I can do this right now, [deep breath in] and feel that energy move, I feel my clitoris getting excited, and I can feel with that clench, the energy's like pumped up into my face, into my head and then I breathe it down and then I can store it into my belly.

When I do this exercise in a group or with individuals, they often feel something right away. At first it might just seem like you're imagining things, but what you're really doing is illuminating the subtle faculties that you already have. Your attention will bring them to life.